

#13 / Misc.
Ltr
7/23/01

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re Application of)
)
Ping Liong TJOA) Art Unit: 3764
)
Appln. No. : 09/319,243) Ex: L. Hamilton
)
Filed : June 7, 1999)
)
For O I P TRAINING APPARATUS)




PRELIMINARY RESPONSE

Honorable Commissioner of Patents and Trademarks
Washington, D.C. 20231

Sir:

Prior to an examination on the merits, the examiner is asked to consider the enclosed documents which attest to the advantages achieved with the present invention. The examiner is also asked to contact the undersigned to arrange for an interview for the purpose of showing the examiner several videos which further attest to the advantages achieved by the present invention.

Respectfully submitted,


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July 9, 2001

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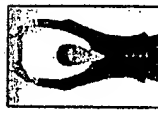
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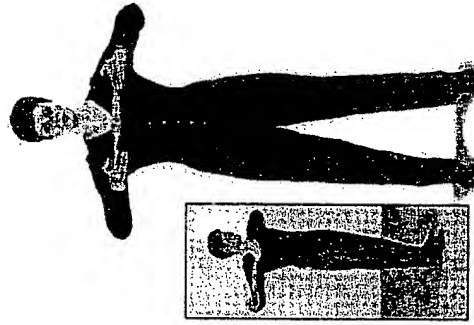
FOR YOUNG AND
OLD



Exercise 1

Stand shoulder wide

Take the IDOGO with both hands - between thumb and forefinger -, being turned outward, move the arms forward up over the head, lower your elbows to bring the IDOGO behind the head. Move the IDOGO upward over the head again



Exercise 2

Stand shoulder wide

During this exercise you're always looking straight forward! Hold the IDOGO in your hands with rounded arms in the height of your shoulders. Now swing slowly to the right and return to the starting position. Now you swing slowly to the left and return to the starting position.



Exercise 3

Stand with closed feet!

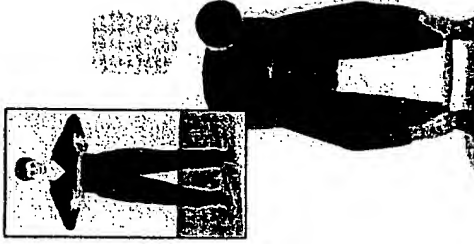
Standing on flat feet, you move the IDOGO upward near your back as far as possible. Now turn the IDOGO, push downward by standing on your toes. Turn the IDOGO again and pull it upward near your back again, by standing on your flat feet again.



Exercise 4

Stand shoulder wide

Raise the IDOGO with both hands close to your shoulder. Now turn the IDOGO outward and push it forward with both arms by turning your head to the right as far as possible (looking over your shoulder). Turn the IDOGO forward, pull it toward your shoulders and repeat the movement to the left side



Exercise 5

Stand shoulder wide

During this exercise standing with straight legs. Holding the IDOGO between your legs you r close to your body in hei your breast. Then you back to push it downward to your body and along legs. Then turn the IDOGO inside move it upward again cl your body and along you to the starting position.

if you can practice one exercise, because you don't have enough time, the adequate time for one. at each exercise 6 use every movement y and intensive

IDOGO in the rehabilitation

Micheal Zeller, head of the physiological department at the sport clinic in Stuttgart Bad Cannstatt describes the efficiency of IDOGO as exercise medium in single and group therapeutic usage.

*Training of tactile stimulation of the palms
(Mechanoreceptors)*

Improving the motional coordination

Correction / schooling of evasion and movements

Stabilizing and straighten of muscles groups in the area of trunk and spine

Deepening of breathing

For some time we use the IDOGO-stick in our rehabilitation centre especially in the treatment of injuries and after operations in the shoulder zone

Also in the treatment of patients having problems with their back and/or posture there are various possibilities of usage

Jogging and Walking with IDOGO

Jogging/Walking IDOGO is just easily held with both hands like raw eggs not to be pressed, pushed or to be touched too much.

During jogging/walking the IDOGO-stick moves rhythmically in front of the body. Through the economic coordination of the arms' motion a deeper and more relaxing breathing is achieved reducing thus the strain for the body during jogging/walking.

With IDOGO you'll never be out of breath

Olympic participant for medium distance race Joachim Dehmel advances as follows about the positive effects of IDOGO with running.

- *Unconventional, running movements controlled by the stick*
- *Internal calm*

During training:

- *Strengthening and stretching excersises becomes more effective*
- *Running training becomes more intensive*
- *As IDOGO is used as supporting element more stability of the whole system*
- *Loose and relaxed feeling*
- *Movements of arms and shoulders being controlled and harmonic*
- *Relaxed breathing*

IDOGO-exercises can be executed by young and old

The principle of the IDOGO-system is to gain energy by optimized breathing, resulting in a self-bearing and relaxed posture and way of movement.

The IDOGO-System has an positive effect on efficiency ,among others cause the coordination of motion in the area of breast and shoulders and therefor also the motion of the breathing muscles is improved.

Through the coordinated movements of the arms the blood vessels are opened and the working muscles are provided with oxygen

For this reasons the practiser does not get tired all too soon and is able to execute his training more effective and focused. The IDOGO-system can be integrated easily into different western training methods. Physiological exercises, fitness trainings, jogging, gymnastics, dancing relaxing exercises, competitive training there are no limits in the application areas. Through the way of effects of the IDOGO-training efficiency is almost in every areas improved. In this context IDOGO can be executed as additional method integrated in an existing training as well as an independent exercise IDOGO Tai Chi or as IDOGO

Chi Kung

Only 5 Minutes ...

All IDOGO-exercises on the poster relaxes the muscles at your daily work, at home or on the journey.

Every exercise can be executed on one's standing as well as seated.

Static IDOGO Chi Kung exercises

These exercises relax shoulders, breast and spine and loosen the breath

Principally the exercises can be practised in a standing as well as in a sitting position.

The posture of the trunk in the sitting position is the same as in the standing position.

The basic posture with exercises in standing position is as follows:

Knee lightly bowed, the spine straight and the IDOGO stick easily in your hands . The IDOGO is easily laid in the opened hands and is at the body below the navel.

IDOGO means "I Do Go"

Target of developing the IDOGO training system was to utilize the positive effects of practising the traditional tai chi chuan also for others.

To make the same effects possible as after long-lasting practising of Tai Chi Chuan a special stick was developed.

With this IDOGO-Stick people can now utilize the principles and effects of the traditional asian arts of motion.

IDOGO means literally " I DO GO"

***IDOGO** - Bridge between Eastern tradition and Western training methods*

More vital energy

**...WITH ENERGY BY OPTIMIZED BREATHING. THE
SYSTEM OF IDOGO-TRAINING AND THE SPECIAL
IDOGO-STICK WAS DEVELOPED IN MORE THAN A
10 YEAR LASTING RESEARCH BY PING LIONG
TJOA, HEAD OF SEVERAL TAI CHI CHUAN AND CHI
KUNG SCHOOLS IN SOUTHERN GERMANY**

Working with different educational groups of the Tai Chi School has been the basic of the research.

Unending experiments, along which innumerable forms and sizes of the stick have been varied have resulted finally in the present standard model.

Already during the first experiments in the physiological treatments spontaneous improvements with the patients have been revealed.

Even athletes trained during these experiments with the IDOGO system, which according to the athlete's reports have been participating in the ability of future wins by an increase efficiency

More efficiency with IDOGO

This philosophy is like a read thread leading through the entire IDOGO-
training system which can be made use

in therapeutic gymnastics, in popular and professional sports as well as in
relaxing and meditations exercises

CHIKONG
(QIGONG)

REHABILITATION AND
PREVENTION

CHINESE GYMNASTICS

TAICHI
(CH'UAN)

IDO GO

AND ON THE WAY

SPORT AND
FITNESS

JOGGING AND WALKING

AEROBIC AND DANCING

The IDOGO-training system

IDOGO is a completely new training system to improve your efficiency of kinetic exercises. In contrast to the customary condition training the raise in efficiency does not results in accustoming the body continuously to higher and higher limits, but bases on the fact that due to a economic way of moving and breathing the body is able to bear the appearing strains more easily.

The focus of the IDOGO-training system is a special stick through which breathing is essentially optimised. The great advantage and innovation of IDOGO is, everybody who is practising the IDOGO can feel the improve in his efficiency already after a short while